08CN8803-16

IN THE SPECIFICATION

Please amend the Abstract as follows:

[0119] Disclosed herein is a method for retrieving data from a storage media. One embodiment of a The method for retrieving data from a storage media comprises: rotating a storage media having a substrate comprising at least one plastic resin portion and at least one data layer disposed on at least one surface of saidthe substrate, wherein saidthe substrate has a surface roughness of less than about 10Å, and an axial displacement peak of less than about 500 μ under shock or vibration excitation; directing an energy field at saidthe storage media such that saidthe energy field is incident upon the data layer before it can be incident upon the substrate; and retrieving information from the data layer via saidthe energy field.